سلسة موسوعات

After Sciences

In muslim perspective



research and personal readings in the studies from life

2024

ما بعد العلوم

الى مستقبل فلسفة العلوم و الصحة

(هجوم الغرب على تاريخنا و قرآننا)

لعل ما أحدثه وزراء كل من التعليم و الثقافة و التربية مؤخرا من تغييرات جذرية و عقد لمؤتمرات و اعداد لأجيال قيادية تخلفها بين الأمم يبدون ثمرتها المجددة لحياتنا بأساليب حديثة و تقليدية فنجد اليونسكو يصرح في 24 يناير بأن" يجب أن يكون التعلم من أجل السلام عملية تحويلية تساعد في تزويد المتعلمين بالمعارف و القيم و الأساليب و المهارات و السلوكيات الأساسية كي يتمكنوا بالتالي من العمل محفزين للسلام في مجتمعاتهم".

اكما رأينا في السياسة فان المنشآت الاسلامية وضعت على أولويات المنظمات العالمية والوطنية و كذا مؤلفات النهوض ببلداننا .

قال رسول الله:"ان الله رفيق يحب الرفق" و هاهو العنف في أمتنا بين أبناء المسلمين تنافسا على النفط و المناصب و المناطق الجغرافية ما جعل البشر يفتنون بتاريخنا و قرآننا و يتبعون أصوات تدعو الى نفسها فلا نستغرب من قلة تطوع الشباب لعمل الخير أو سقوط المسلمات في الوهم. و لهذا كتبت هذا الكتاب.

Publications: Revolutions



دار للطباعة والنشر و التوزيع

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2024

ما بعد الاثنــي عشر عاما


To my beloved Mother
I gift my first
work of research
Many thanks
To my sister
And brother
For their support
to myself

الشكر

بالرغم مما تمر به الأمة الاسلامية من أفراح و أتراح
فقد كان لدولة الأردن الفضل العظيم
على تربيتي و تعليمي كمسلمة حقيقية
فلها كل الشكر و العرفان،
و أشكر الجزائر وطني الأم
على ما تقدمه من تضحيات في سبيل
الحرية التامة و ما يصلنا من التسهيلات
لتمويل الباحثين عن المعرفة

سلسة موسوعات

ما بعد العلوم

قراءات من الحياة عن واقع العلم

عنوان الكتاب : After Sciences In Muslim perspective

الناشر: ROUMEYYSA TEMMAR

اصدارات دار النشر : Revolutions



دار للطباعة والنشر و التوزيع

الطبعة الثانية

سنة النشر: 2024

الاهداء

اهدي هاته الكتابات اليسيرة الى الله الموفق و الى والدي رحمه الله و الى عائلتي الداعمة

اقتباس

" ان كل انسان يولد و في تكوينه بذور النبوغ و العبقرية و الكفاءة و الفاعلية، و يتوقف نمو هذه البذور أو موتها على نوع التربية و الرعاية التي يتلقاها الانسان من أسرته و بيئته و مجتمعه."

بسم الله الرحمن الرحيم

اقرأ

مقدمة الكتاب

بسم الله الرحمن الرحيم و الصلاة و السلام على رسوله الكريم سيدنا محمد، أما بعد :

بدأت بكتابة مذكرات لفترة ليست بالقليلة تحدثت فيها ما الذي قد أفعله طيلة زمن قد يبدو للشباب أنه لا ينتهي من ما يهبه الله للانسان من معارف و قدرات و قيم و أوقات و أحداث، فما تقضيه الفتاة في هذا العمر من عبادة و علم و تجارة وسفر ينسيها تعب الرحلة الى الله و تكلفة مداهنة الناس. و لعل ما لفت انتباهي هو توجه الشباب في هاته الأيام لامتحانات الثانوية التي تعبوا لأجلها عام كاملا من الدراسة و انتظارهم المتلهف لعلاماتهم التي يرون أنها ستحدد مصيرهم العلمي و العمليخاصة في ظل التطورات السياسية التي تشهدها المنطقة و مدى تأثيرها في عالمهم و دعاتهم.

ليس الطقس وحده ما يتغير، مشاعر الكثير منهم كذلك. فهم سينظرون ورائهم ليروا ما غرست فيهم نشأتهم في ظل أسرهم بعين الثقة ليمضوا في التنظيمات بنوا عليها أنفسهم بثقافتهم ووعيهم مخالفين باقي مجتمعهم و مؤسساته. فها نحن أثرت بنا التكنولوجيا، بيتنا الذي كان يعمه التقاليد و التعايش قد أضحى ساحة للديمقراطية و هاهو كل منا يختار طريقه بنفسه.

عاش الاسلاميون في زمني هذا وقتا عصيبا في كل المجالات و هذا ما يؤلمنا نحن الناشطون على مواقع التواصل، فحتى لو نالوا النصر فان أعمالهم لا يحدها الااستشهادهم في سبيل الحق. لذلك رأيت في هذا الكتاب أبوابا:

الباب الأول: التعليم و مفهومه لأغلبنا و مسار من يبدع فيه و دور العلوم و التخصص فيها و لو خارجا

الباب الثاني: الصحافة و دورها في حياة الطلبة و ماذا تعني لهم هواتفهم و شبكاتهم أمام الاعلام المضلل

الباب الثالث: الحياة و النمط الذي يعيشه من يكتنفون كتابا و سياسيين بعيدا عن الأجهزة الأمنية و الدولي
ة

الباب الرابع: السياحة لمن اعتبرها ملاذا آمنا للعقول و تعلقها بالطبقية وتعامل العرب أثناء الأزمات

الباب الخامس:الصحة و سوء متابعة منظومتها فالاهتمام بها أدى الى الهروب الى عالم التغذية و الحميا
ت

الحمد لله الذي وفقني لكتابة الكلمات آملة من الله أن يجعلها فائدة و تذكيرا لي و لغيري من الفتيات عما ي
شغلنا عن أمتنا الاسلامية.

لقد كانت سنواتي زاخرة بالمطالعة فها أنا أشجع على القراءة أولا

Introduction

Of second edition

New changes of mind as feeling my importance as scholar coming from what had happenned to muslims these days, new of peoples and stories make me so aware and attentive to oppurontinuty to survive my situation, as citizen or student, a woman or daughter of an islamist.

Youth are doing their efforts to build a life somewhere assuring dignity and faith, I think of how I could get scientific degree after five years of baccalauret absence, I think that this year of solitude had changed my perso,ality valuing peace and health.

Being part of lively people is not the purpose, so are most of occupations where personal attendance in great situation is what define who I am, better choices presented to a built self.

Youth as heard are going to the usual subscriptions of education, that's when I noticed the importance of more interesting in scientific material the students are learning or experimenting. If keen with specialities as seen from away and being readers, I say that the road is too long..

In this book, I put my thoughts into titles of research I feel everyone had passed in youth (30)'s:

First: Education among North African Muslims

Second: journalism in Algerian movement

Third: lifestyle in our culture

Fourth: tourism in Algeria

Fifth: health and nutrition

A decision in the right path , a belief in the ideal idea

Education

Among North African Muslims

آية و حديث

(يرفع الله الذين آمنوا منكم و الذين أوتوا العلم درجات)

(اذا مات ابن آدم انقطع عمله الا ثلاث : علم ينتفع به..)

تمهيد

التربية و التعليم تحدد و ترسم المستقبل لأية أمة فهي في مقدمة اهتمامات الأمم الواعية فلنرفع شعار:

وراء كل أمة عظيمة تربية عظيمة

رسالة العلوم هي التفوق العالمي

مفهوم العلم : العلم لغة نقيض الجهل علم غلما و علم هو نفسه و رجل عالم و عليم من قوم علماء. العلم اصطلاحا يعني الالمام بالحقائق الكلية و المركبة في حين تعني المعرفة الالمام بالحقائق الجزئية و العلم أوسع الماما و احاطة. هو المعرفة المبوبة المتقننة القائمة على الدليل و الاستنباط.

نماذج للعلم:

الطب : الرازي،ابن سينا –الفلسفة: الفارابي-الفيزياء:ابن الهيثم-الكيمياء:ابن حيان-الرياضيات:الخوارزمي- الفلك: البتاني – الاجتماع: ابن خلدون-التاريخ و الآثار: الطبري -الجغرافيا-الاقتصاد-علوم اللغة العربية-علوم النبات- علوم الجندية و الجيش-الحرف و الفنون

وسائله: القراءة-الاستماع و الانصات-الكتابة و التوثيق-تعلم اللغات-التعليم

أنواعه: الأكاديمي-المهني-المفتوح

مصادره: الأفراد-الوسائل-المؤسسات

تولي الأنظمة التربوية العربية الحديثة اهتماما متزايدا لتطوير نفسها وتحسين مستوى تحصيلها، وعليه فقد عرفت المنظومة التربوية في الجزائر منذ الإستقلال إلى يومنا هذا العديد من الإصلاحات، ولقد شملت هذه الإصلاحات جوانب متعددة .

التعلم: غرس حب العلم و التزام آدابه منذ الطفولة-توجيه الطفل وفق ميوله العلمية-ايجاد مكتبة منزلية – تعليم الطفل لغة اجنبية- مجالسة العلماء – الاخوة في الأسرة

التربية:الاهتمام بالتربية السياسية في العصر الحديث قد اكتسب عمقا ووضوحا بعد الثورة الطلابية التي اجتاحت العالم في ربيع عام 1968 و تجلى هذا الاهتمام في ظهور دراسات علمية رصينة في مجالات العلوم السياسية و الاجتماع السياسي. و لما كانت التربية و التعليم يمثلان اداة المجتمع في بناء و تكوين

أفراده على اساس من توجهاته المستمدة من نسيجه الثقافي الممتد الى عمق التاريخ و المستشرف للمستقبلبما يحمله من متغيرات و خصوصا في المجتمعات التي تتخذ من الديمقراطية السياسية فلسفة للحكم. و لا يقتصر تحقيقها على المؤسسات التعليمية التي تبدأ من رياض الأطفال الى التعليم العالي و الجامعي و انما يتجاوزها جميع مؤسسات المجتمع العاملة (اعلامية و دينية و رياضية و اجتماعية و مكونات بيئية). وهي تختلف عن التسييس الذي استخدم في كثير من النظم من خلال التعليم و التلقين.

العلوم طريق للصحة

عندما يلتحق الطالب بالدراسة في المرحلة الثانوية التي تعد خطوة أولية للالتحاق بعد ذلك بالتعليم الجامعي عليه أن يحدد القسم الذي يرغب به سواء القسم العلمي أو الأدبي فإذا اختار الطالب القسم العلمي فهناك مجموعة من المواد التي سيدرسها في هذا القسم منها ما يلي: مادة الكيمياء مادة الفيزياء الجبر مادة الأحياء مادة الرياضيات الإحصاء والتكامل والتفاضل.

وهناك مواد مشتركة بين القسمين (الأدبي والعلمي) منها ما يلي: اللغة الإنجليزية، اللغة العربية، اللغة الأجنبية الثانية وهي اختيارية حيث يختار من بينها إحدى اللغات التالية (الفرنسية، الألمانية، الإسبانية أو غير ذلك.

يعد القسم العلمي من أشهر الأقسام في المرحلة الثانوية وهو يتفرع إلى فرعين هما: علمي علوم ،علمي رياضي.

التخصصات:

يعتبر القسم العلمي من الأقسام التي تفتح المجال أمام الطلاب للالتحاق بالعديد من التخصصات العلمية عند الالتحاق بالجامعة: كلية الصيدلة- كلية الطب- كلية طب الأسنان -التغذية والعلاج الطبيعي- الطب الإشعاعي كلية التمريض- الطب البيطري- الطب النفسي- طب الأطفال- الجراحة العامة.

كليات العلمية الهندسية: هندسة الحاسوب والكمبيوتر- الهندسة النووية- الهندسة الكهربائية -الهندسة الكيميائية الهندسة الصناعية- الهندسة الميكانيكية- الهندسة المدنية- هندسة البرمجيات- الهندسة المعمارية- هندسة الفضاء -الهندسة الزراعية.

و نجد تخصصات علمية أخرى في كلية العلوم : علم الكيمياء -علم الفلك -علم الطبيعة -علم الفيزياء -علم الرياضيات- علوم البحار -علم الأحياء -علوم الأرض والجيولوجيا.

يختلف عدد سنوات الدراسة في كل تخصص من التخصصات العلمية والجامعية التي يدرسها الطالب فهناك بعض الكليات التي لا تزيد الدراسة فيها عن خمس سنوات مثل كلية الصيدلة وهناك كليات يصل

فيها عدد سنوات الدراسة إلى سبع سنوات مثل كليات الطب البشري والجراحة وهناك تخصصات علمي لا تزيد فيها الدراسة عن 4 سنوات مثل كلية العلوم وكلية الزراعة

Education among North African Muslims

Born in 1994 in a conservative family who has principles in changing environment of residents in that village where schools seem to be the only shelter institution who give services in different ways to these crowds of people: food of mind and souls (children, women, elders). But, of course not those classes of preparing a brilliant generation of politicians and journalists that would change the world.
I realized that fact when I become in twenties, graduate girl with hopes in a future we only see in media and theatre.
Out of all that I was convinced that travel was the only hope for that.
There come the importance of knowing what our parents have built in us and how much gifted we were: Technology was one of them.





As muslims quran and sunna was a sacred thing no one could pass an educational year without proving reading or memorizing a part of it (at houses or in mosques) and not doing so was punishing; the full learner was given the best tourism trips, knowledge of culture in the end of year. و هي سنة نبينا (أمر و نهي و زجر)



The sciences,physics,maths were fully understood because of the hard work of teachers and workers in the education sector. For me, I had difficulties in the instruction of my siblings for its exams; the memory was low of most people then. There wer a lot of experiments,games but not to the level of inventions,acting.This was caused of heavy debt of Arabic literature and poetry,French history;English was essential for its easy concept of cartoons: an entertaining.


Improve your child's reading in 10 minutes a day

When life events became hard for the education effectives with student's selfishness, the learners operation has become complicated: the families start to have that strict rules, the political level elevated where negotiation become serious. This when Islamic parties open its private schools, colonists popularized French culture in houses and trading. From the security side, there were supremacy over news and opinions. Identities of most people start to disappear in pleasing everyone there.



Schools and society

Growing up (2003-1994) I saw the impact of positive decision makers who order us to right choices in a kid psychology and mentality what make the learning process full of confidence: Elders siblings. They have strong impression on me. A woman took my little body by hand to hand to an angel teacher, the man gave me his Quran book to seat in his prayer corner. Unfortunately both of them ended that period time by bloodiest tens in Algiers that they departed to, leaving the family to destination of larger buildings and communities.
The Tv has impacted my view to life, many series and programs of entertainment and knowledge learned me the tolerance. Information in scholars books? I mostly buyed all the CDs there from languages (drama-music-religion) to sciences.



Activism and restrictions

In 2009, A shocking change in school path took that easiness of that lifely environment when I was annoyed of the idea of Hijab, women status, the old study programs and its contradictions. There when I focused on teaching mu young siblings: a fashion girl,a video game boy. Too many troubles medically we had to face in the continuation of taxes and education laws.

I am saying this because the austere path I took out of this materialistic world of fake economic rising the party showed later it saved for parental institutions.







Health and skills

Escaping of traditions following ambitions: have draw my way to studying victory: gaining the fruits of patience,knowledge,ethics in daily life activities and circumstances in classes or home.

This cost me to follow unhealthy habits in eating and socializing which bring to toxix people,my parent took the risky way to get rid off them. And they did that by 2013. After I was a victim of addiction to kindness, the applying of trusted informations lead to improve the side of politics,arts. That made me the fighter of my generation of student to the road (Siences and Techology) confronting war, ignorance, peacefull(Israeli) trial of changing reality.



Exams and Olympics

Those oppressing days of a student life: everyone feel the amount of informations they had memorize, I never felt prepared. Consequently the use of information technology was the solution; the educative materials were the saver in my sibling's case.

Coming on time, taking vitamins, transport after exams and rest or doing sports: that was the day.

This challenge us to solve complicated problems, miracles of that letters and numbers create what they call diplomas of inventions.

In most exams, the focus were all about : answering the questions, finding solutions to reach the sense of self appreciation and achievement, wining the discussions where dependability on points caused violence, encourage racist behaviors, personal leadership has been belated.



Research and structure

In the writing of scientific text about real experiments the need for instruments has increased and it mainly available in different prices for the educated certificated students and professors in the local and national stores. The use is unlimited as long as there are the basic material for knowledge and learning and free risk for children.

Article

Care for child development: an intervention in support of responsive caregiving and early child development.

Abstract: an estimated 43% of children younger than 5 years of age are at elevated risk of failing to achieve their human potentiel.In response, the world health organization and UNICEF developped care for child developement (CCD)based on the science of child developpement to improve sensitive and responsive caregiving and promote the psychological developpement of young children.

Introduction

Analysis

Results

Conclusion

-from UN website

مجالات العمل لخريجي التخصصات العلمية

يختار الطلاب مسارًا مرغوبًا ومتوافقًا مع ميولهم العلمية أثناء الدراسة الجامعية في مجالات وتخصصات علمي مثل الرياضيات والفيزياء وعلم الفلك والعلوم والتكنولوجيا والهندسة والطب وغيرهم وتفتح هذه التخصصات الآفاق المهنية المختلفة والوظائف المتنوعة للخريجين ومن المجالات المتوفرة للعمل ما يلي:

طبيب. A doctor is someone who is experienced and certified to practice medicine to help maintain or restore physical and mental health.

كيميائي. Chemists investigate the properties of matter at the level of atoms and molecules.

مهندس. Engineers look to design or develop a product or process that solves a problem or fixes a common issue.

ممرض. work in a number of different places, from health care facilities and universities to research organizations and laboratories.

فيزيائي. physicians who devote part of their professional effort to research. They seek new knowledge about health, disease, or patient care.

عالم فضاء. field focused on the design, development, testing, and operation of aircraft and spacecraft.

صيدلي. A Pharmaceutical Scientist is a professional who conducts research and development to create new drugs and medications.

كاتب علمي. Scientific writers research, develop and write news articles or reports about scientific data, advances or discoveries.

أخصائي في التحاليل الطبية. A Laboratory Analyst helps conduct experiments, run laboratory tests, and analyze results.

جيولوجي. A geologist is a scientist who studies the structure, composition, and history of Earth.

متخصص في علم الأحياء. Biologist is a scientist who studies living organisms and their interactions with their environment.

مهندس ميكانيكي. mechatronics engineers will be central to companies looking to transform their processes through industrial IoT.



أشهر الجامعات حول العالم لدراسة التخصصات العلمية

غالبا ما تضم الجامعات في أمريكا و بريطانيا المكانة المرموقة في تصنيف الجامعات على مستوى العالم و من أفضل الكليات لدراسة التخصصات والمجالات العلمية ما يلي:

.جامعة ستانفورد في أمريكا

.جامعة برنستون في أمريكا

.جامعة كامبريدج في بريطانيا

.جامعة هارفارد في أمريكا

:ومن الجامعات العربية نجد ما يلي

الجامعة الأمريكية في القاهرة.

.جامعة القاهرة

.جامعة عين شمس

.جامعة الإسكندرية

.جامعة الملك فهد في المملكة العربية السعودية

.جامعة الإمارات العربية في الإمارات

جامعة الملك سعود في المملكة العربية السعودية

خاتمة

اللغة العربية من أجل اللغات على مستوى العالم و طلابها هم الأكثر تعلما من غيرهم في شتى العلوم الا أن بعض الدول لم تعتمدها كلغة أساسية في التعليم الجامعي و المهني ، ان متحدثيها هم قادة العالم العربي نحو التغيير.

ها نحن نرى ثمن *حرية الأوطان* التي بذلتها الدولة في سبيل تقدم المتعلم و بناء الفرد الصامد أمام اسرائيل و مشاريعها الامبريالية.

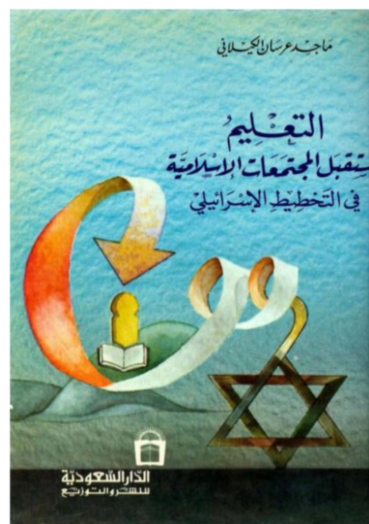
التوجيه هو ما يستحق بذل الاوقات و *القراءة* المستفيضة لتكوين شخصية متوازنة للانسان فالخبرات تقود الطالب نحو المعارف المكتسبة التي يمكن تجاوزها بالوعي و بناء العادات التي تصقل المهارات الجديدة.

ان *تطوير الذات* المستمر بالقراءة و التعلم هو ما اكسب العلماء العرب القدرات على تحمل طريق طلب العلم و جعلتهم أهلا لأن يكونوا ورثة الأنبياء.

كان من نتائج *العولمة* على بلدان شمال افريقيا اللغات الأخرى و منها اللغة *الانجليزية* التي باتقانها تمكن العديد من الطلاب الحصول على فرص للسفر الى باقي بلاد العالم للتعلم و الحصول على شهادات علمية

.

<u>لقد كان *لمبادرات* الهيئات و المنظمات أثر فعال في تغيير و اصلاح المناهج العلمية و تحديث المواد الدراسية.</u>



In the current century, Many Arab and international governments and Executive organizations present a lot of fundraising and study scholarships for Arab and English students in different specialties with hopes of thriving future jobs. I was fortunate to be one of the US Embassy English learners in my academic journey 2018. In this report I write about the concept of education to Muslims families, here you find the guide of an Algerian scholar.

References

Education: the process of receiving or giving systematic instruction, especially at a school or university:

Learning: knowledge acquired through study, experience, or being taught:

Evaluation: the making of a judgement about the amount, number, or value of something; assessment

Coaching: Coaching is a process that aims to improve performance and focuses on the ‘here and now’ rather than on the past or future

Instruction: a direction or order:

Information: facts provided or learned about something or someone:

Reading: a particular interpretation of a text or situation

Writing: the process of using symbols to communicate thoughts and ideas in a readable form.

Listening: the active process of receiving and responding to spoken (and sometimes unspoken) messages.

Speaking: the action of conveying information or expressing one's feelings in speech

NOTES:

-Positive parenting Toolkit UNICEF

https://www.unicef.org/egypt/media/6836/file/Positive%20Parenting%20Toolkit%20(AR).pdf

-Israeli politics in education

https://archive.org/details/FP50724/page/n11/mode/2up

-Fundamentals in Arab education

https://books-library.net/free-1452283289-download

LE SYSTEME EDUCATIF EN ALGERIE ***النظام التربوي في الجزائر***

Journalism

In Algerian movement

Journalism

Student nowadays distinguished the effect of Zionist people (1948-1967) on intellectual and different offensive cultural manners; the existence of journalistic channels in schools atmosphere is valued. The tools of expression by writing in published papers, journals,…

It is defined by transfer of in information by organizing letters to readable words making news, stories, aimed messages, meaningful paragraphs of arts (registering time), facts. In concept it is criticizing governments, improving or defending.



Styles

Readable, viewed, in general its goals are communication with people about subjects of present life, enhancing personalities relations, party's meetings, presentation of developments, gaining financially.

In the reality of islamists , it has power over followers by a system of belief following an organized agenda, building civilization with an occupation which languages plan the mind geographly and arguments are symbolic (scientists who give missions to citizens)



OCTOBER 2013 . VOL 6 . ISSUE 10

COMBATING TERRORISM CENTER AT WEST POINT

CTC SENTINEL

OBJECTIVE . RELEVANT . RIGOROUS

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About the CTC Sentinel

The Combating Terrorism Center is an independent educational and research institution based in the Department of Social Sciences at the United States Military Academy, West Point. The CTC Sentinel harnesses the Center's global network of scholars and practitioners to understand and confront contemporary threats posed by terrorism and other forms of political violence.

The views expressed in this report are those of the authors and not of the U.S. Military Academy, the Department of the Army, or any other agency of the U.S. Government.

The Nairobi Attack and Al-Shabab's Media Strategy

By Christopher Anzalone

After carrying out a bold attack inside the upscale Westgate Mall in Nairobi in September 2013, the Somali militant group al-Shabab succeeded in recapturing the media spotlight. This was in large part due to the nature of the attack, its duration, the difficulty in resecuring the mall, the number of casualties, and al-Shabab's aggressive media campaign during and immediately after the attack.[1]

From al-Shabab's perspective, the attack on Westgate Mall was a media triumph, particularly coming in the midst of a growing rift among jihadists both inside and outside Somalia regarding the consolidation of power by the group's *amir*, Ahmed "Mukhtar Abu al-Zubayr" Godane. The attack also followed a year in which al-Shabab lost control of significant amounts of territory in Somalia, most importantly major urban and economic centers such as the cities of Baidoa and Kismayo.

This article examines al-Shabab's media strategy during and immediately after the Westgate Mall attack, both via micro-blogging on Twitter through its various accounts as well as more traditional media formats such as audio statements from the group's leadership. The article also puts the group's media operations for the Westgate attack in historical context by comparing and contrasting them to al-Shabab's past media campaigns. Finally, the article concludes with an assessment of al-Shabab's current state of health and the potential for more spectacular acts of violence,

1 [illegible], "Nairobi Mall Death Toll Expected to Rise," Voice of America, September 25, 2013.

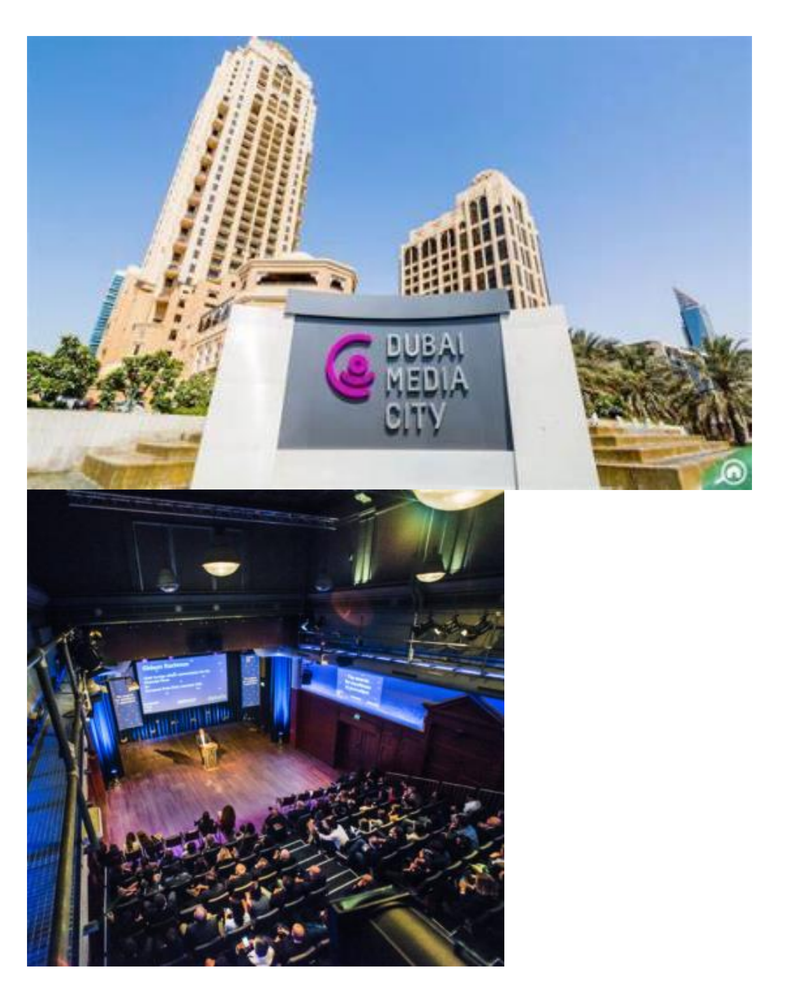
1

Sources

Personally preferring the internet: the abundance of information, more freedom, less authority. They mainly chose TVs for entertainment (football-series) and secret letters and books for entrepreneurship projects, arts.

In politics, the media is something costly as what they call for is gathering groups.

Representations of success of its domains are founded in Middle east (Arabs), UK (European), Egypt is the most trusted (Africans).



Limits

Work sector has diminished its role because it became a trait in most reunions and interviews; for specialists it is vital in standing creativity and right meaning of literature as seen in stars that show globally ‘independence’.

What I think of is the dangers they had to face to receive and share the needed information, those soldiers of truth called journalists.



Tres Chic

الأنوار

SOWA GASOLINE ENGINE GENERATOR

واشنطن تعلن معارضتها لأي هجوم على بيروت

إسرائيل ترفض الرد الفلسطيني على مقترحات حبيب

عقدة المفاوضات السياسية تدور حول توقيت انسحاب الفدائيين



Practices

Training consists of the following skills: critical thinking, content analysis, cooperation, rational research. This is where the equipment’s choices and price are important.

For me, it took me years in realizing the shape a female should appear to public on: of course, room homes aren’t spatial as open areas. I think articles preparation is what take most time and effort, hopes are in an interactive host.



Movements

By the democratic rule of population, social problems proved to solved by changing places of living and environment, this where Algerians tend to keep their principals of culture in forms expressing ideas of liberating and modern of each thing. In youth thinking mostly about the profitable in life is demanded: the religious certain. To conferences, discussions, watchers of different campaigners.



Public interactive communication models

Officials or non-officials who have media companies, technology enterprises?

Executive/administrative those have the power of owning and banning all the newspapers, magazines, radios, TVs, cinema not forgetting internet websites.

Elements of that communication are: Source: Message: Channel: Recever.

1) Source: The sender is a fundamental element in the communication process. The communication is initiated by the sender who creates a message or information for sharing with others.

The sender's role is to effectively encode their thoughts or information into a message that can be transmitted through a chosen communication channel to reach the intended recipient(s). The sender plays a crucial role in ensuring that the message is clear, purposeful, and appropriately customized to the audience.

2) Message: The message is the informational content that the sender aims to communicate to the receiver. It serves as the core of the communication process, carrying the purpose and meaning that the sender wants to communicate. The role of the message is to effectively transfer thoughts, concepts, instructions, or emotions from the sender to the receiver, aiming to create mutual understanding and facilitate a specific response or action.

3) Channel: Within the framework of communication, channels serve as the pathways that help messages move from the sender to the receiver. These channels can be verbal or non-verbal and can include one-to-one conversations, voice calls, emails, business reports, social media, video conferences, and more. Each channel has its unique impact on the communication process, influencing factors such as clarity, and the emotional connection between the sender and the receiver.

4) Receiver: The receiver is a critical component of the communication process. The receiver is responsible for receiving and processing the message sent by the sender. The role of the receiver is to understand, analyze, and, where necessary, respond to the message in a way that aligns with the sender's intent. Effective communication relies on the receiver's ability to decode the message accurately and provide feedback or take necessary actions.

Journalism is all about: the Broadcast, calls, seminars, offers, articles, action, brief, feedback, travel, visits, and dialogues.

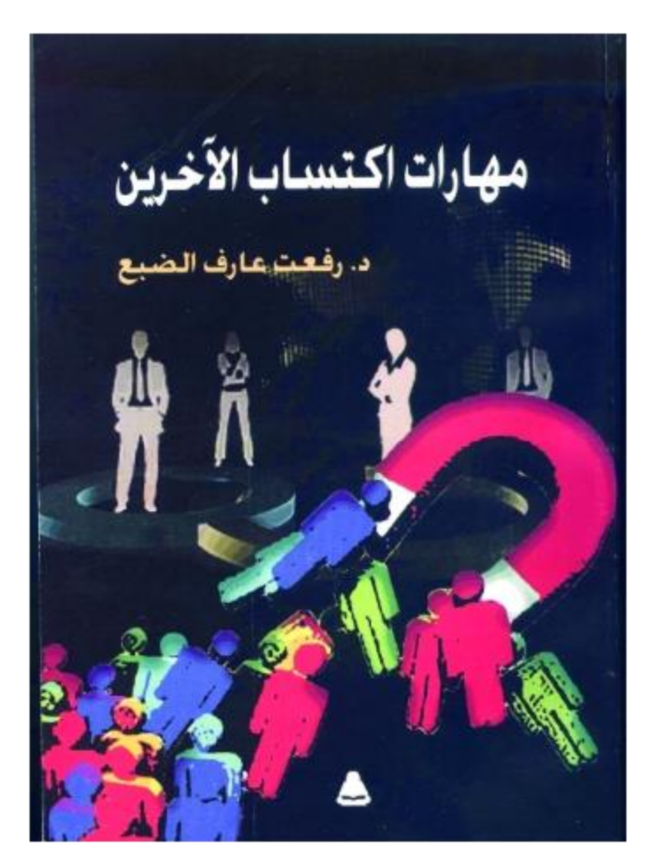
New media refers to computational media that share material online and through computers12345. It encompasses various digital technologies, including social media, streaming services, websites, and mobile devices. Unlike traditional media, new media allows for interactive communication and content creation.







In the book: details of Egyptian media



- كتاب الدليل العملي للصحافيين (2001)

-كتاب مقرر نموذجي حـول سـلالامة الصحـافيين

Lifestyle in culture

Codification of jurisprudence تدوين الفقه

صحيح مسلم

الجزء الأول:

و هو مجموعة من الأحاديث المنسوبة للرسول صلى الله عليه و سلم مقسم الى عدة ابواب تضمها ثلاثة كتب و هي كتاب الايمان و كتاب الكبائر و كتاب الطهارة يتقدمها جزء يفسر محتوى الكتاب و يشرح الروايات عن النبي صلى الله عليه و سلم و يفرق بين الثقات و الكذابين في الاسناد(الحديث)

في كتاب الايمان نجد احاديث تذكر اركان الاسلام و الايمان بالله و فضل شهادة ان لا اله الا الله و الصلوات و طاعة و اجتناب النهي للوصول الى الجنة و الحذر من الكفر الموصل الى النار.

في كتاب الكبائر يوضح عاقبة الشرك و أعمال أهل الجنة و أعمال أهل النار و عمل التوحيد في قلوب المؤمنين و أثرها في محبة المسلم لأخيه و جاره و في قتال أتباع الكفر.

في كتاب الطهارة يبين أحكام الاسلام في الوضوء و الصلاة و التيمم و أركانهما.

في الكتاب تحبيب للرسول صلى الله عليه و سلم و أنه أول الانبياء في الجنة و شفاعته للمسلمين و أن اتباعه هو المنجي من الفتن اخر الزمان و عند قيام الساعة, كما يعرض صفات الدجال و نزول عيسى بن مريم عليه السلام.

Sahih Muslim

part One:

It is a collection of hadiths attributed to the Messenger, may God bless him and grant him peace, divided into several sections included in three books, which are the Book of Faith, the Book of Major Sins, and the Book of Purity. It is preceded by a section that explains the content of the book, explains the narrations from the Prophet, may God bless him and grant him peace, and distinguishes between trustworthy people and liars. In the chain of transmission (Hadith(

In the Book of Faith, we find hadiths mentioning the pillars of Islam, belief in God, the virtue of testifying that there is no god but God, prayers, obedience and avoiding prohibitions to reach Paradise, and beingware of disbelief that leads to Hell.

In the Book of Major Sins, he explains the consequences of polytheism, the deeds of the people of Paradise, the deeds of the people of Hell, the work of monotheism in the hearts of believers, and its effect on a Muslim’s love for his brother and neighbor and in fighting the followers of disbelief.

In the Book of Purity, he explains the rulings of Islam regarding ablution ,prayer, tayammum, and their pillars.

In the book, there is love for the Messenger, may God bless him and grant him peace, and that he is the first of the prophets in Paradise and his intercession for Muslims and that following him will be the one who will be saved from temptations at the end of time and when the Hour comes. It also presents the characteristics of the Antichrist and the descent of Jesus bin Mary, peace be upon him.

Contemplative philosophy الفلسفة التأملية

التكنولوجيا ليست وليدة سنوات أو عقود،بل هي موجودة منذ بدء الظهور الانساني على هذه الأرض فالتكنولوجيا هي نظام نشأ بعد اكتشاف نظام البيولوجيا الذي جعلتنا نعلم بدقة ما يحدث داخل هذا الجسم البشري المعقد. فهل لتطور التكنولوجيا و القفزة العلمية بظهور الذكاء الاصطناعي و أدواته أثر على سير عمليات الجسم البشري؟ و هل سيكون لها أثر ايجابي أم سلبي؟ و ما مدي فعالية الحلول التي يقدمها الذكاء الاصطناعي للانسان خلال رحلته على الأرض ؟

نتعرض في حياتنا اليومية للعديد من الصعوبات في تحصيل المعرفة،الغذاء،اللباس،الدواء،علاقات اجتماعية،عناية صحية،الأمان...الخ.هاته الصعوبات تعيق تقدمنا الفكري و النفسي و الروحي و الجسدي و العقلي. قدمت لنا وسائل التكنولوجيا تسهيلات و حلول لبعض المشاكل لكن بقيت هناك مشكلات معرفية و نفسية معقدة لم تجد لها حلا. على سبيل المثال لم تقدم لنا التكنولوجيا حلولا للطبقات الاجتماعية الدنيا، و لا حلولا لأمراض النفوس،كما انها لم تتوصل لحلول تجعل من البشر كائنات ذكية ذات معرفة غير محدودة، و بكل تأكيد لم تجد حلا لمشكلة الحياة و الروح و الموت والعالم الغيبي الذي لا نراه لكنه يؤثر بنا.

هذا ما دفع بالعالم المتحضر الى التخلي عن جعلها أولوية و البحث عن حلول مستدامة معتمدة على القدرات الذاتية للبشر،القدرات و الموارد التي ولدنا بها.
ظهر معارضون لهذا الرأي و هم الذين تمسكوا بالتكنولوجياو اعتبروها الملاذ الآمن في عالم لا تهدأ فيه عجلة الاستهلاك و
الانتاج الذي تعتمد عليه حياتهم.

Technology is not the result of years or decades. Rather, it has been present since the beginning of human appearance on this earth. Technology is a system that arose after the discovery of the biology system, which made us know precisely what is happening inside this complex human body. Does the development of technology and the scientific leap with the emergence of artificial intelligence and its tools have an impact on the functioning of the human body's processes? Will it have a positive or negative impact? How effective are the solutions provided by artificial intelligence to humans during their journey on Earth?

In our daily lives, we are exposed to many difficulties in obtaining knowledge ,food, clothing, medicine, social relationships, health care, safety... etc .These difficulties hinder our intellectual, psychological, spiritual, physical and mental progress. Technology has provided us with facilities and solutions to some problems, but there remain complex cognitive and psychological problems for which no solution has been found. For example, technology did not provide us with solutions for the lower social classes, nor solutions for the diseases of the soul, nor did it find solutions that would make humans intelligent beings with unlimited knowledge, and it certainly did not find a solution to the problem of life, the soul, death, and the unseen world that we do not see .But it affects us.

This is what prompted the civilized world to abandon making it a priority and search for sustainable solutions based on the intrinsic capabilities of humans, the capabilities and resources that we were born with.

Opponents of this opinion emerged, and they were those who adhered to technology and considered it a safe haven in a world in which the wheel of consumption and production on which their lives depend did not stop.

التخطيط الفعال

Effective planning

فكرت في جيراني و حالنا معهم في رمضان بعد قدومنا من المنزل الى منزلنا المبني حديثا و كيف ان غيابنا المطول أثر في علاقتنا بهم و أفشى القطيعة و النكران،لم يكن رمضان هذا العام رمضانا عاديا،لقد كنا مكتئبين بشدة.

في ظهر هذا اليوم تجولنا أنا وأخي الأصغر بالسيارة كل منا يفكر بمستقبل أفضل و اذا نحن نشتري الفواكه و نتحدث عن الدراسة . لو كانت أختي الصغرى معنا لاستطعت النزول من السيارة و اختيار هاتف جديد لي كما أنني نويت بدلة رسمية للمناسبات. أيام الشعور بالتراجع في المجالات الحياتية لا يكملها الا الزيارة من رفقاء الحياة و الثورة على القعود.

إن عدم حضور حفلة عائلية يمنحني فرصة لنساء العيد لمعرفة مدى أهمية إضافة كتاب مصور إلى بحثي إذا كانت كل معاملتهن تحظى بموافقة المجتمع على تنظيم المظهر.

تعلمت فن الكتابة لتعليم للأطفال و الناشئة الأسلوب الصحيح في الكتابة و التعبير و الانشاء و القراءة و الدراسة و التفكي خلال *2024 /2023*

I thought about my neighbors and our situation with them during Ramadan after we came from home to our newly built house, and how our prolonged absence affected our relationship with them and spread estrangement and denial. Ramadan this year was not an ordinary Ramadan. We were severely depressed.

This afternoon, my younger brother and I drove around in the car, each of us thinking about a better future, and then we bought fruits and talked about studying. If my

younger sister had been with us, I would have been able to get out of the car and choose a new phone for myself. I also intended a formal suit for special occasions. The days of feeling a decline in the areas of life are only completed by a visit from life companions and a revolution against sitting.

Not attending a family party give me a woman's Eid a chance to know how important it is to add an illustrated book to my research if all their treatment happily get society's approval of appearance organized.

The art of writing to teach children and young people the correct method of writing, expression, creation, reading, studying and thinking. 2023/2024

Fashion and rituals

الأزياء و الشعائر

و أنا كفتاة أتمنى لو ألبس من كل نوع،المحلات كلها متزينة لجذب أعيننا بأسعارها و جمالها،لكن المطاعم هي الأفضل.

لم يحيوا ليالي رمضان بالملابس و الأناشيد و صلوات التراويح و هذا ما أفقدني العزيمة لقيام الليل و الذهاب الى المسجد كما أنني لم أتحمس لعمل أضواء الزينة و فرش السجاجيد و اضفاء اجواء الفرحة في العشر الأواخر من رمضان. حل العيد على أية حال.

و مازالت المطالعة ملجأ الايمان و العقيدة و الرابطة الاسلامية و أساسها الشريعة الاسلامية.

As a girl, I wish I could wear all kinds of clothes. All the stores are decorated to attract our eyes with their prices and beauty, but the restaurants are the best.

They did not celebrate the nights of Ramadan with clothes, chants, and Tarawih prayers, and this made me lose the determination to pray the night prayers and go to the mosque. I was also not enthusiastic about making decorative lights ,spreading carpets, and creating an atmosphere of joy in the last ten days of Ramadan. Eid came anyway.

Reading is still the refuge of faith, belief, and the Islamic bond, the basis of which is Islamic law

الاسلام و المرأة

Islam and women

خاطرة أول رمضان1444

لقد كرمنا الله بالاسلام و حمانا بأن جعل لنا حقوقا و قدر لنا واجبات.جعل للمرأة طموحا و رؤية أبعد من ما كانت عليه في الجاهلية ألا و هي حماية و حفظ هذا الدين العظيم.

Thoughts of the beginning of Ramadan 1444

God has honored us with Islam and protected us by giving us rights and assigning duties to us. He gave women an ambition and vision beyond what they had in pre-Islamic times, which is to protect and preserve this great religion.



صحيح مسلم
Internet of things
IOT

Tourism In Algeria

Introduction

Tourism in the family year planning is when parents decide a check in hotel to spend a vocational or educational or therapy. My father used the services given by flight companies which reserve planes tickets and give marketing plans to its customers. There are agencies that do all the computing instead of the traveler in his trips.



Travel – ISHC Global Health Consultancy

First In the visiting of the hotel I entered from the principal door, climb the stairs to the bed chamber putting luggage in the room, tour in entry room, asking about prices of food and drinks before getting into the kitchen, restaurants that is full of different type of it. Other ways of traveling?



Second Calling the employee of administration from the room was to direct us to the place of resources and closest keys thus they might put the clothes, taking shower so they start wearing and praying.

Seeing view of touristic village and gardens resort, other departments as swimming pool, hearing shouts of happiness.



Next My sister who is museums interest trying to learn languages of Egyptian pyramids while I am introducing tourists I met to Arab thinking and personality. They discuss gently then head to the hotel's manager.

In the evening, Mother suggested taking classes on of writing by aphone call; I volunteered to pay for sweets bought by father after completing registering.



Tourism statistics (January – December 2020)

Final Knowing how human groups organize themselves empower me to deal some way with trips in travel. We sat with different people in coffee shops.

At night, we gathered on the same table of restaurants, ate meat and salad, juice and cold ice cream: coming back I finished the rest on the carpet floor.

In the morning of the next day, opening the window, seeing the sunrise, taxis! People leaving , others waiting for another booking in office room. While watching musicians and students performing art, I went to the breakfast room. I sat waiting to my siblings and parents where the hostess served the coffee and cakes.





End Going for shopping as family; we smiled at the camels and the original people of ancient Egypt, we decided to buy remainders of this town.

The other day, we planned to go to the beach, swimming was only thing to do. I preferred staying in hijab; we keep singing until the sunset.

Historical monuments are my favorite place to take a memory with buying all kind of books from exhibition; I wanted to apply all what is been read.

Father’s accepting of the invitation of native Libyan guest to youth camps was something that developed my futuristic ideals.





In these papers, I am writing to inform about an important field that was financially dependent and popularly addressed in the daily life, tourism and hotels. Its courses methodically are:

-Touristic development

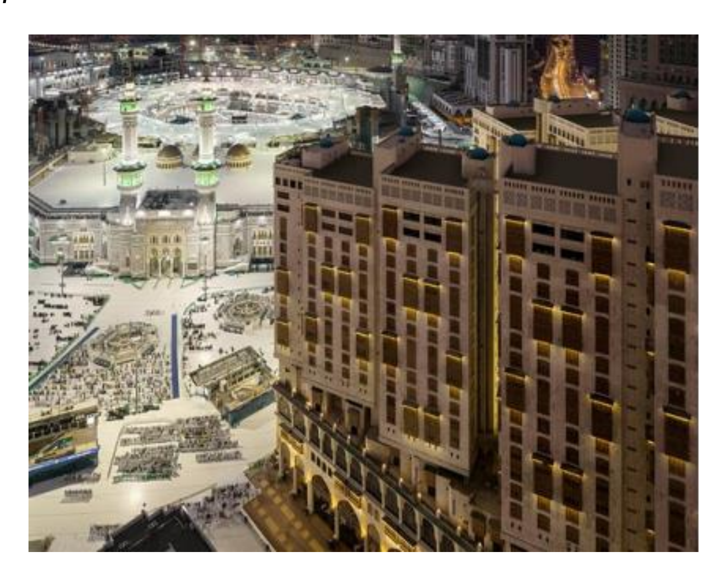
-Touristic marketing

-Touristic planning

-Advertising and media

-Computing and guiding

-Languages and public relations



Umrha - Review of Makkah Towers, Mecca -

For more information:

Tourism **|** Definition, History, Types, Importance, & Industry

معجم فنادق و سياحة و طيران

https://tourismteacher.com/types-of-transport/

Health and nutrition

Health and nutrition

Health

Health is a state of complete physical, mental and social well-being and not merely the absence of diseases or infirmity.

In recent times, many youth noticed digestion in the daily life problems of health (short /long times),they never miss consulting health givers : doctors ,regional nurses, pharmacist, naturel therapist.

As a child, I was a patient of body temperature, mindfulness,inflamations which was treated by rest and good diets and off course antibiotics.

Sports in eastern society was restricted by grouth as going to sports center was not considered an exercice. The chemicals medication was an effective drugs for killing diseases like respiratory diseases : tubercolus2012, corona2020 as their symptoms touch the important part of the day : sleeping. This come from the stress people feel from eating habits and ressources (hallal).

Examination of the apparent=>testing laboratory=>medical prescriptions

Stomach flu, diarrhea, bacterial ulcers have its special care from public hospitals.

It make the infectious unit of most hospital contagious units. I thought that the eye unit, x-ray and blood laboratory units I used to visit many time was sufficient for self health following from inflammations . There are menstrual ones.

“Women nowadays gave it importance just to assure they’ll be given labor.” Mother affirmed.

Nuritionist and psychologists are in every home unit as awareness for long-term patients because of war and poor-diet. Some medications lead to suicidal fear and surgical intervention 2016 as toxicity effect. Derma acne ones was like lung tumors ones.

The efforts of civilians protection are enormous; the need for child milk increased throughout the years. While the use of medical equipements by practionners has showed life-long staying cancers in some people.

The old way of therapy was waste of time ,for me multiple visits to get the calmness usually doctors present to their foreign patients. I think that the

traditionnel therapy is not sufficient as in my father case it worsen the B-hepaptis lasting effects during quarantine.

In some places, centers aren't well equipped as they chose low prices , local manufactories or it was not in the strategic planning of the nation.

From my heart, many thanks to (IFRC) and the united nations efforts 2022 for its services in the region, it has made people do their best to protect themselves. Those angelic creatures of health employees made life safer by existence.



For the World Health organization (WHO): The main principles of health are healthy diet, no drugs, regular exercice, adueqate rest and positive thinking.

Health for us is the primary prevention: hospital, clinic, health center.

Examinations for the ophthalmology clinic were annual and the heart (EKG) and dental examinations were urgent.

We have specialist, intellectual, nurse, flyer distributors, guide guide, family doctor. There is an epidemiological investigation team consisting of a preventive doctor and a health monitor. There is neglect of health facilities in developing and middle-income countries, as most citizens do not feel the facilities and medicines.

The International Federation of Red Cross and Red Crescent (IFRC) bodies have made achievements in the field of health safety and environmental protection of pesticide farmers.

We have doctors, and clinics:

Internal medicine: Internal medicine is a medical specialty for medical doctors focused on the prevention, diagnosis, and treatment of internal diseases in adults.

Surgery: As a general rule, a procedure is considered surgical when it involves cutting of a person's tissues or closure of a previously sustained wound.

Obstetrics: Obstetrics is the branch of medicine related to medical and surgical care before, during, and after a woman gives birth. Obstetrics focuses on caring for and maintaining a woman's overall health during maternity.

Gynecology: Gynecology is the branch of medicine that focuses on women's bodies and their reproductive health. It includes the diagnosis, treatment, and care of women's reproductive system.

Emergency: the part of a hospital where people go when they are ill or injured and need treatment quickly.

Pediatrics: This kind of physician or surgeon treats the foot, ankle, and connecting parts of the leg. An older name for a podiatrist is chiropodist, which is sometimes still used.

Radiology, Laboratories: Radiology is the medical specialty that uses medical imaging to diagnose diseases and guide their treatment, within the bodies of humans and other animals.

Pharmacy, Nursing : (a shop or part of a shop in which medicines are prepared and sold) Pharmaceutical care was defined as the responsible provision of pharmacotherapy for the purpose of achieving definite outcomes that improve a patient's quality of life.

Health offices, birth and death registration, vaccination, child immunization and environmental health (Food, water and kitchen safety standards).

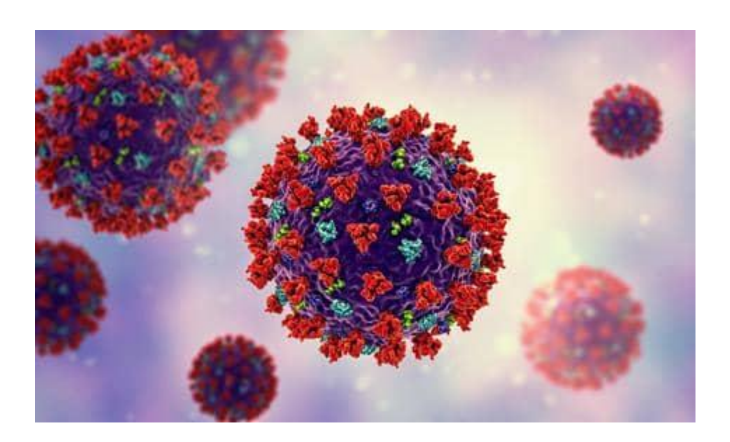
After visiting more than one doctor, health insurance is placed, fees are imposed, expensive devices are provided in case of lack of movement, obesity and fast food.

Corona

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by the coronavirus SARS-CoV-2. The first known case was identified in Wuhan, China, in December 2019.

Other namesCOVID, (the) coronavirus
SpecialtyInfectious disease

SymptomsFever, cough, fatigue, shortness of breath, vomiting, loss of taste or smell; some cases asymptomatic
ComplicationsPneumonia, sepsis, ARDS, kidney failure, respiratory failure, pulmonary fibrosis, CKS, MIS-C, long COVID
Usual onset2–14 days (typically 5) · after infection
Duration5 days to chronic
CausesSARS-CoV-2
Diagnostic methodRT-PCR testing, CT scan, rapid antigen test



Diabetes

A metabolic disorder in which the body has high sugar levels for prolonged periods of time.
Symptoms : Symptoms may include frequent urination, excessive thirst or hunger, and weight changes.
Causes : Caused when there is inadequate production of insulin, or insulin resistance.
Treatment : Treatment may include lifestyle changes such as diet control, medication or insulin.
Type 2 diabetes

A condition results from insufficient production of insulin, causing high blood sugar.
Type 1 diabetes
A chronic condition where the pancreas produces little or no insulin. This causes increased thirst, frequent urination, hunger, sudden weight loss.
Gestational diabetes
A condition in which women develop diabetes (high blood sugar) during pregnancy. Initially, it may not cause any symptoms. Excessive thirst, sweating.
Diabetes insipidus
A condition that results from an imbalance of water in the body. This causes extreme thirst, and frequent excessive urination.



Insulin is a peptide hormone produced by beta cells of the pancreatic islets encoded in humans by the insulin (INS) gene.

Strokes

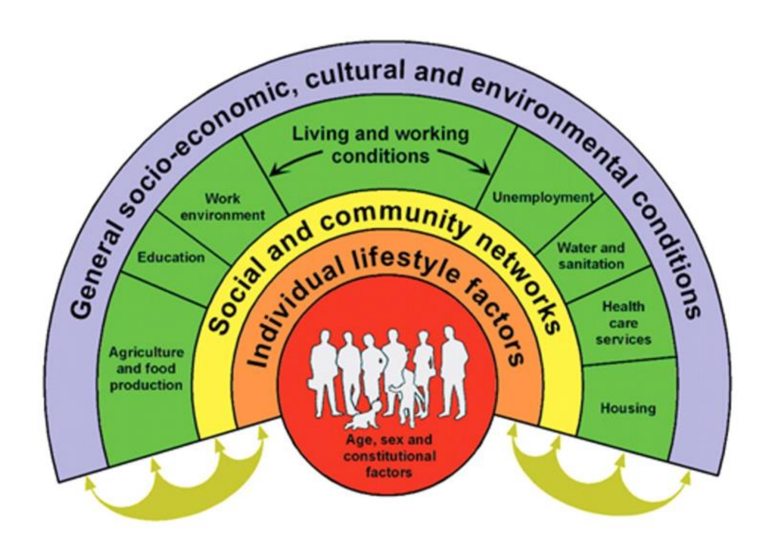
Stroke is a medical condition in which poor blood flow to the brain causes cell death. There are two main types of stroke: ischemic, due to lack of blood flow, and hemorrhagic, due to bleeding. Both cause parts of the brain to stop functioning properly.
Other names Cerebrovascular accident (CVA), cerebrovascular insult (CVI), brain attack
SpecialtyNeurology, stroke medicine
SymptomsInability to move or feel on one side of the body, problems understanding or speaking, dizziness, loss of vision to one side
ComplicationsPersistent vegetative state
CausesIschemic (blockage) and hemorrhagic (bleeding)
Risk factors Age, high blood pressure, tobacco smoking, obesity, high blood cholesterol, diabetes mellitus, previous TIA, end-stage kidney disease, atrial fibrillation
Diagnostic method Based on symptoms with medical imaging typically used to rule out bleeding
Differential diagnosis Low blood sugar

Oxygen

oxygen, Gaseous chemical element, chemical symbol O, atomic number 8. It constitutes 21% (by volume) of air and more than 46% (by weight) of Earth’s crust, where it is the most plentiful.



The health system spends millions annually in the treatment of heart and brain diseases, high blood pressure and sugar. Due to the emergence of so-called high cholesterol and smoking with the increase of environmental toxins, the nutrition process has become important, so I decided to write this report on the state of health.



-كتاب المفاهيم الأساسية في إدارة الخدمات الصحية

- كتاب الرعاية الصحية

- الاستراتيجية العالمية

- معجم طبي

2024

Nutrition

Nutrition is a basic human need and a prerequisite for healthy life. A proper diet is essential from very early age of life for growth, development and active life.

nutrition of citizens in household composed of several members should be a priority in most homes as preparing it in this hot weather were an exausting thing.

Saharien type of meals make them hydrating a lot thinking of going to urbanism “coffee and tea” type of living.

Nutrition which depend on a lot of standards that are: knowledge , materials and seem to people depending on clean appliances, sterilized hands & skin recipes well cooked,

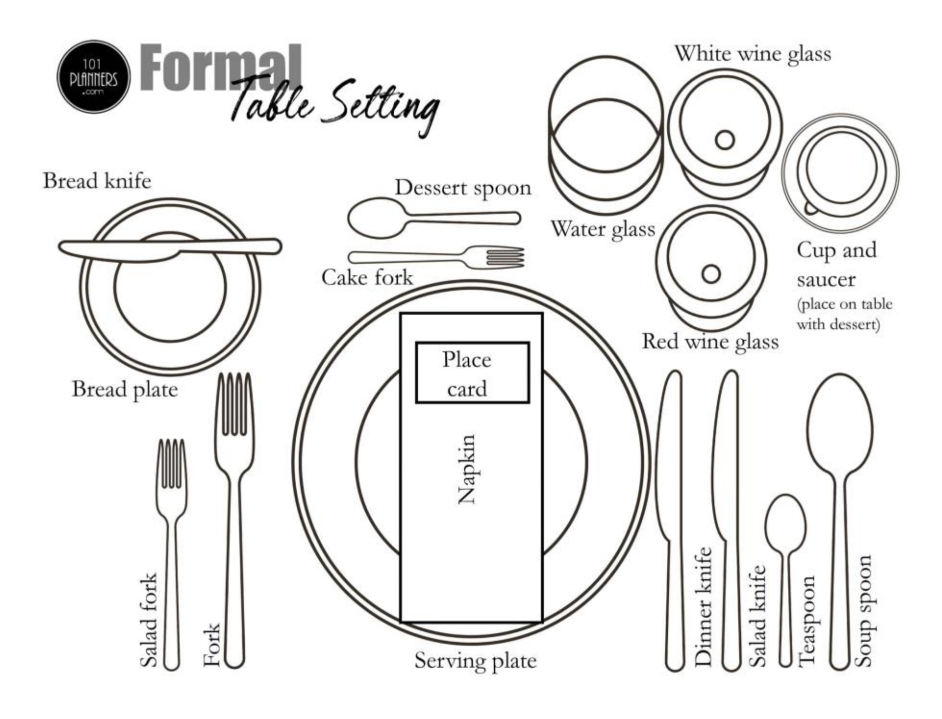
the ingredients of most food are: proteins, vitamins, carbohydrates ,lipids, minerals ,fibers which can be found in the complementary medications,

others may consider newing machines as solution to a healthy dishes.



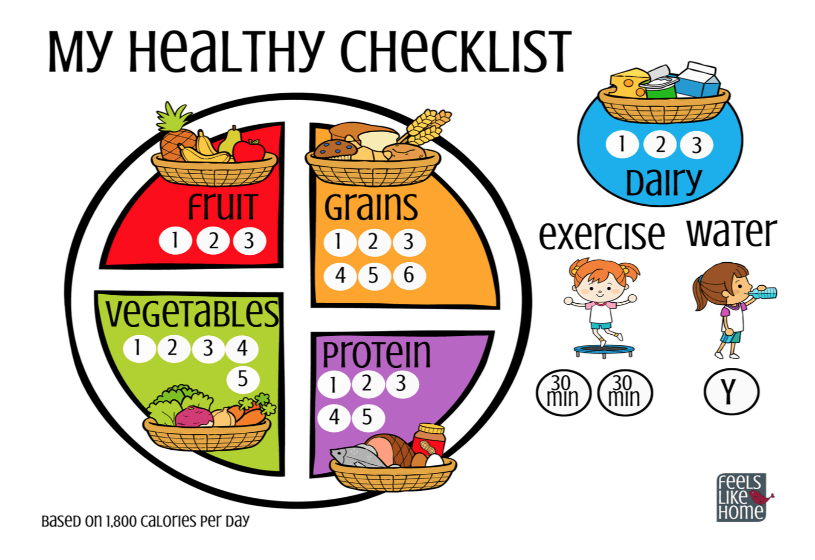
Pandemic behaviors

during those days of each virus panedemic we started to give attention to where food is contained ,the way vegetables&fruits should be saved and washed, the quality of it has become importants so, everyone in family make sure they clean their hands by sterile or rinse by cold water , and seat on the dinner room , while others help in organizing the setting of table.

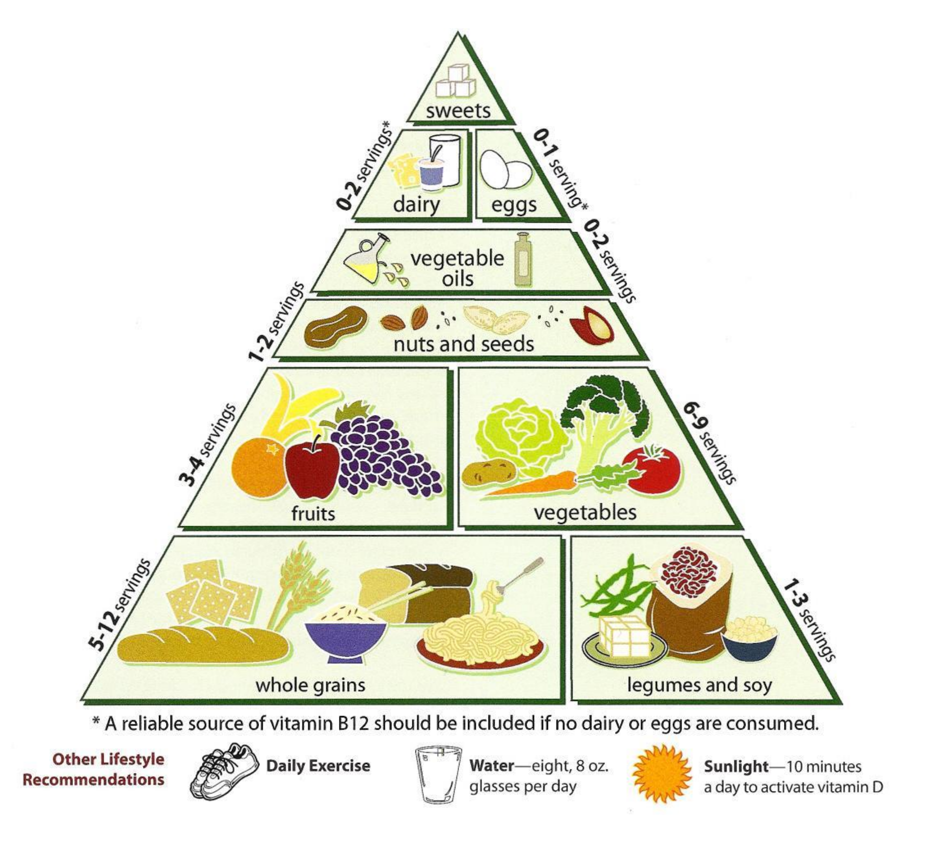


Types of people in eating

household members tastes are different from one to another , here how my siblings chose as The main sources for human nutrition include cereals; starchy roots; legumes; vegetables and fruits; sugars, preserves, and syrups; meat, fish, and eggs; milk and milk products; fats and oils; and beverages.



Food Guide Pyramid



Health is influenced by a lot of behaviors:

- Nature: trips,
- Clothes: light one are preferable by most people
- Driving: sunscreen are essentiel in slow,
- Positivity: smiling , everyone are respectable

This is noticed when we are eating traditional meals in popular places like : Cinemas, Restaurants, Arabhouses , open spaces



People mainly choose: Staple foods

first, they'll put food on the outdoor then organize the chairs

second, they start with talking,laughing , watching,having fun.

finally, they open containers to serve it.



Dietarian advices

There are some advices from father to people who suffers from bacterial infections : dates, grains



For students and doctors I think that they should follow regime and wear uniforms from sensitivity.Vaccines differs: Vaccines are injections (shots), liquids, pills, or nasal sprays that you take to teach your body's immune system to recognize and defend against harmful bacteria.

Facts about food

Good health in hair, bones, sight in the genes of food lovers, here is some tips:

Broccoli contains more protein than steak.

Eggs can tell their own freshness.

Pistachios can spontaneously combust.

White chocolate isn't chocolate.

Cucumbers are 96% water.
Pound Cake: The name comes from the original recipe, which called for one pound each of butter, sugar, eggs, and flour1.

Wasabi: Most of the wasabi served in restaurants is actually colored horseradish. Real wasabi is quite rare and expensive1.

Nutmeg: In large doses, nutmeg can act as a hallucinogen due to a compound called myristicin1.

Honey: Honey is essentially bee regurgitation. Forager bees collect nectar, which they then regurgitate to processor bees back at the hive2.

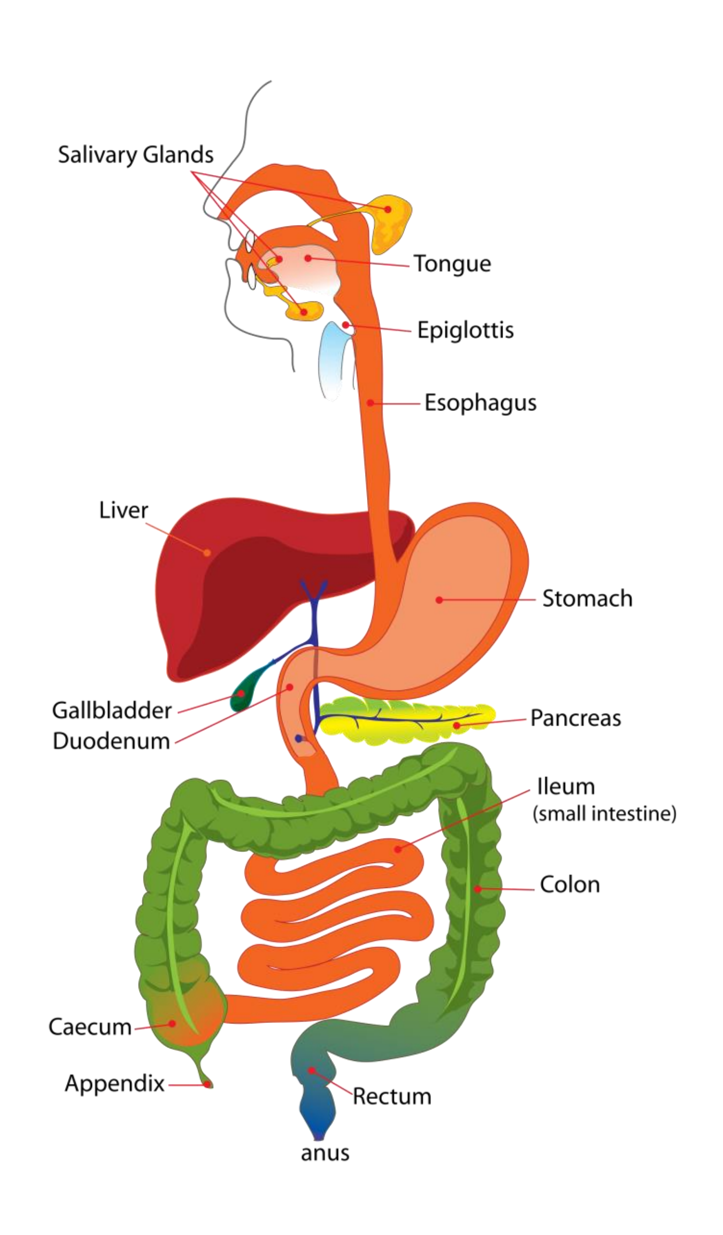
White Chocolate: Despite its name, white chocolate doesn't contain any cocoa solids. It's made from cocoa butter, sugar, and milk1.

Carrots: Originally, carrots were purple and yellow. The orange variety we commonly see today was developed later2.

Ketchup: In the early 1800s, ketchup was used as a medicine to treat ailments like diarrhea and indigestion1.

Fruit Snacks: The shiny coating on fruit-flavored snacks is often made from carnauba wax, the same substance used to polish cars

Learn how food is transformed into body tissues and energy for human activities, and what are the essential nutrients and dietary guidelines.



كتاب الثقافة الصحية

كتاب مبادئ سلامة الأغذية

الخاتمة

كان للتعليم و الصحافة دور في تنشئة الجيل الاسلامي و بناء مقومات للنهوض بمجتمعاتهم و هذا ما رأيته في مؤلفات السابقين من علماء و أدباء عرب و انجازاتهم للتفوق العالمي نافسوا به الغرب بساحتنا فغابت الفلسفة عن أذهان الشباب فانشغلوا بمختلف العلوم و كل يحمل في ذهنه الدور الذي سيؤديه كمهندس و طبيب حتى بنوا خبراتهم و قادتهم الهموم التي لم يمثلوا فيها الا ما قدر لهم من قلم و سلاح. و هاهي الدول تقوم و تخفض حسب طموحاتهم و نقراتهم على شاشات افتراضية و ابنية عميقة. انتشر الفساد في أوساط المفكرين و الكتاب حتى صار غذاء العقل شيئا ثمينا في مقابل العلاقات الانسانية الهزيلة خاصة تلك التي فرقتها المسافات.

كتبت منذ زمن في صحف عدة عن ما أحدثه شباب اليوم من اصلاحات في مجالات مدنية كانت حكرا على أصحاب الشهادات فكونوا أنفسهم و أمنوا غيرهم(1) و تقدمت العلوم و اللغات بين العرب منهم بعد توليهم السياسة فها أنا ذا لا يخلو يومي من قراءة و تجريب، بل حصلت على درجة في لغة ثانية اتخذنها بنات اليوم موضة.

و كما تحدثت في البداية فلقد كان لسياحة الفكر و البدن أكبر الاثر في تغيير وجهات النظر و مصادر العلم ، عملا بقول نبينا : " لا تشد الرحال الا لثلاث" فالعلم الذي يؤدي لنفع و فهم الناس أثر في نبذ الطبقية و العنصرية.(2) فمن تخرج قد عمل بعلمه في مجالات الصحة و الثقافة و شكل له تدوين العلم شغلا.

تدخلت دول عربية ببرامج حازمة تسعى لتطوير هاته المجالات الى بعد آخر و هذا ما شجعني على الكتابة و تعليمها و اتقانها في هذا الوقف.

لم يكن الوقاية من الانحرافات و الثبات على الدعوة أمرا يسهل الا بوجود الجمعيات المعنية بالشؤون الدينية، فهيا نتوقف عن تمثيل الالتزام بالعمل بالقرآن و السنة بضياع الأوقات الذي أرى في عائلتي بقاياه و اجرام من خالفوه. فمتى سنعيش العصر الذهبي؟

ما نعيشه يا شباب الاخوة و السلم في انجاز مشاريع تخصصية يكاد لا يذكر أمام ما عاشه جيل والدي و ما قدمه من أعمال جليلة في سبيل العلم و التعلم، وصل لهم الدعم الدولي فمشوا بخطوات حذرة بمساعدة التلفزيون و الاذاعة الجزائرية الوطنية.

سبحانك اللهم و بحمدك، أشهد أن لا اله الا أنت،أستغفرك و أتوب اليك

Summary

Days after Eid I thinked of watching TV or having good time then I found that this is absorbing security and informations which was like going through most of academics philosophicly, scientific chosen for a reaseon that people do not handle sensitive topics like violence, religion,sciology which cross with their past life. When I got my first baccalaureate i felt that education is everything; growing up made me know that others fields are affecting in emptiness of meaning.

Sometimes when we see Islamic models of judgements in different ways of expressions we think wbout hard work then life showed that collaboration were their goal and not existence where they are. They were together in each mission even if it seem deadful.

As a girl, many thoughts are on surviving before even starting; I appreciate a lot the protection that father who is absent from earth in this moment , As our prophet (صلى الله عليه و سلم) said: “الوالد أوسط أبواب الجنة”



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لعل ما أحدثه وزراء كل من التعليم و الثقافة و التربية مؤخرا من تغييرات جذرية و عقد لمؤتمرات و اعداد لأجيال قيادية تخلفها بين الأمم يبدون ثمرتها المجددة لحياتنا بأساليب حديثة و تقليدية فنجد اليونسكو يصرح في 24 يناير بأن:

" يجب أن يكون التعلم من أجل السلام عملية تحويلية تساعد في تزويد المتعلمين بالمعارف و القيم و الأساليب و المهارات و السلوكيات الأساسية كي يتمكنوا بالتالي من العمل محفزين للسلام في مجتمعاتهم ."

كما رأينا في السياسة فان المنشآت الاسلامية وضعت على أولويات المنظمات العالمية والوطنية و كذا مؤلفات النهوض ببلداننا .

قال رسول الله:"ان الله رفيق يحب الرفق" و هاهو العنف في أمتنا بين أبناء المسلمين تنافسا على النفط و المناصب و المناطق الجغرافية ما جعل البشر يفتنون بتاريخنا و قرآننا و يتبعون أصوات تدعو الى نفسها فلا نستغرب من قلة تطوع الشباب لعمل الخير أو سقوط المسلمات في الوهم. و لهذا كتبت هذا الكتاب.

الى مستقبل فلسفة العلوم و الصحة